

# Estimating Food Storage

## 1 Recipes

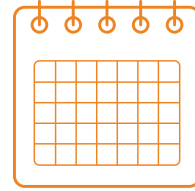
Most people eat the same 10-15 meals on rotation. List out your most common meals. See if you can get 10.

## 2 Ingredients

List out the ingredients used in your 10 recipes. Separate items into categories such as dry goods, dairy, protein, produce, and condiments.

## 3a Frequency

Estimate how many times in a week or month you make each recipe. Figure out how much food you want to have on hand. Enough for 1 week, 1 month, 3 months, 6 months, 1 year.



## 3b Amounts

Calculate out how much of each ingredient you need on hand by multiplying amount of ingredient in recipe by the number of times you want to make the recipe in a given amount of time.



3 cups of rice in recipe x  
Making recipe 5 times =  
Buy 15 cups of rice



## 4 Shop

Make a list of what you need, how much you want to get and start looking for good deals. Stock up when you find the lowest prices. Pro Tip: Use a list app on your phone.



## Shelf Stable

Get creative converting your favorite recipes into shelf stable versions. Substitute canned tomatoes for fresh, try freeze dried onions, use flax or chia seeds in place of eggs. Find ways to make the recipes you love using shelf stable foods.



## 5 Store

Keep food in air tight containers away from heat and light. Organize so it is easy to use what you have.

## 6 Rotate

Use the oldest food first and put new purchases towards the back. Use your food through out the year and replenish what you've used when you find a good deal so you maintain your storage and save money.

